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ABSTRACT OF THE DISCLOSURE

10 A recordable digital video disc preferably employ-  
able for information recording method using a laser beam  
having a wavelength of 600-700 nm, composed of a trans-  
parent disc substrate provided with a spiral pregroove, a  
recording dye layer placed in the pregroove, and a light-  
reflecting layer, arranged in order, wherein the record-  
15 ing dye layer has a thickness in the range of 40% to 90%  
of a thickness corresponding to an optical path which  
gives the first minimum reflectance, the optical path  
giving the first minimum reflectance being determined  
from a reflectance curve which is prepared using record-  
20 able digital video discs composed of the same disc sub-  
strate, the same recording dye layer having varying  
thickness, and the same light-reflecting layer.